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Dr.SHIVA Ayyadurai M.I.T. Ph.D.

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Dr.SHIVA Ayyadurai, MIT PhD | Vol. 1. Number 2 | ! ""#\$%&'()*&#%+,-',./.)+0'1.223, 4'52%&+06

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Anecdotal reports from several dentists across the country on adverse effects of masks on oral health have been accumulating since the COVID-19 pandemic began. Dentists have started noticing an increase in tooth decay as a result of wearing masks. More patients have been reporting inflamed gums leading to periodontal disease and bad breath. The emergence of mask-related oral disease has led the dental community to refer to this new phenomenon as “mask mouth” resulting from wearing masks over a prolonged period of time.

Extended periods of mask-wearing make people breathe through their mouth for longer periods, causing their mouth to dry out. This leads to lower saliva production. Lack of sufficient saliva in the mouth leads to lowering of the pH in the mouth, which initiates tooth decay and subsequent oral disease. Oral health is a strong determinant of cardiovascular, neurological, metabolic, respiratory and immune health. A balanced oral microbiome is a key indicator of oral health. This is particularly important for children since their oral Microbiome is still developing.

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Oral disease can lead to several other systemic diseases such as heart disease, diabetes, osteoporosis, hypertension, anxiety, chronic obstructive pulmonary disease, glaucoma, pancreatic cancer, and arthritis. Inflammation of the gums is caused by an imbalance in the oral microbiome where the pathogenic bacteria outnumber the symbiotic bacteria to the creation of an inflammatory environment.

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Children are especially more prone to adverse effects of prolonged mask usage as their oral microbiome is still under development, making them more susceptible to future oral and systemic diseases due to prolonged mask usage. The establishment of oral microbiome in children is a predictor of their future oral and systemic health and diseases such as early childhood caries, celiac disease, autism,

Henoch-schönlein purpura disease, pediatric appendicitis, pediatric inflammatory bowel disease, and pediatric obstructive sleep apnea syndrome. Long term use of masks may lead to imbalance in the oral microbiome, leading to oral and systemic diseases, especially in people with compromised health, pregnant women, and children.

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The current evidence suggests that face mask usage over extended periods of time may cause an increase in facial/oral temperature and lowering saliva flow as a result of increased oral temperatures. The increased temperature and lower saliva flow may create a pro-inflammatory environment that favors pathogenic bacteria in the oral microbiome, which causes periodontitis. An imbalance in the microbiome is also linked to systemic diseases such as COPD, cardiovascular diseases, Alzheimer’s disease, liver disease, to name a few. The current mask guidelines recommend either cloth masks, cloth face covering, surgical masks, or N95 masks. Clinical studies have shown that cloth masks and surgical masks are rendered less effective in blocking the transmission as the aerosolized viral particles are small enough to pass through the masks. Only

N95 masks were shown to be effective in filtering the aerosolized particles; however, long term use of N95 masks has been linked with adverse outcomes for population groups with compromised respiratory and cardiovascular health, as well as pregnant women.

What Is To Be Done

There is a science to building anything. Newton's equations allow us to build bridges and skyscrapers. Bernoulli's Principles define the engineering of planes and rockets. And, Maxwell's Equations are what give us motors, electricity and power plants. Now, if we seek to truly build a revolutionary movement to WIN Truth Freedom Health, we must uncover, learn, and educate others on the science and scientific principles to build such a movement. Dr.SHIVA has uncovered that science – The Foundations of Systems – and it's three key principles: 1) The interconnection between Truth Freedom Health; 2) Why we must build a Bottom's Up de-centralized movement, and 3) The reality of the Not-So-Obvious-Establishment, a force – sometimes known as Controlled Opposition – created by the Establishment to distract and derail, any bottom's up movement of working people.

At TruthFreedomHealth.com, anyone, regardless of your educational background can: 1) **get educated** by learning the science and principles of SYSTEMS; 2) **get connected** with other like-minded folks in our off-line and on-line communications platforms; and 3) **get activated** with tools so you may take action neighbor-to-neighbor locally and globally. **Sign up at TruthFreedomHealth.com to become a Warrior-Scholar, today.**

Bottoms-up Movements Bring Public Health

In 1950 they created the McCarthy era by the Right wing & Republicans. If you speak the words 'workers' unite', they call you a Russian communist. They said you must be a "Marxist". Therefore, it created the opening for the Left to create their top down unions. What ended up occurring by 1970, was there were no more Bottoms-Up unions. The Left and the Right basically gave the illusion we have unions. What actually ended up happening is unions are all controlled top down. And that's where we're at today. People need to break from this. Bottoms-Up movements demanded real public health. If you want real public health; hygiene, infrastructure, nutrition, sanitation, clean air & water - that's what brings public health. Not putting on a mask.

Our Leadership: A Catalyst.

Dr.SHIVA the founder of the Truth Freedom Health movement has been working since the age of 14 - in the trenches - building technologies to futurize our infrastructure. In 1978, as a 14-year-old kid in Newark, he invented email – the system we all experience today - when he wrote 50,000

lines of software code to convert the infrastructure of the old-fashioned interoffice paper-based mail system into its electronic equivalent, which he named "EMAIL." In 1982, he received the first U.S. Copyright legally recognizing him as the inventor of email at a time when Copyright was the only way to protect software inventions. **He invented email before coming to MIT.**

During and after attending MIT, Dr.SHIVA created six other companies to deliver infrastructure like EchoMail®, which provided the AI infrastructure; and, CytoSolve® - a revolutionary computational biology infrastructure to enable the discovery of new medicines faster, cheaper and safer while eliminating animal testing. His personal experience informs him there are a lot of smart people in the world; however, the lack of infrastructure wastes precious human capital.

The Platform TRUTH FREEDOM HEALTH®

First, we must build a **bottoms-up Movement**. Our movement for TRUTH FREEDOM HEALTH® must be a movement **by** working people **for** working people. Celebrities, billionaires, and "influencers" will never deliver us victory. Our movement must be led by **real** people with **real** skills who solve **real** problems for a living. **Second**, we must educate a **new generation of leaders** armed with the Science of Systems used by the Elites to manipulate movements since 1970. **Third**, we must build new infrastructure that must be free and decentralized. Our Movement has uncovered that Government has collaborated "private" companies to launder censorship to silently silence speech of every human on the planet. **Fourth**, The Elites want you fat, dumb, and happy. They feed you junk food, poison you with junk medicine, and fill your head with junk entertainment to keep you too weak and distracted to fight back, even after you realize what they are doing. Education and real science must be unleashed to deliver solutions for sustainable health. **Fifth**, the future is off-line: we must activate our communities and organize on the ground.

YOUR CHOICE: Freedom or Slavery!

To learn more about Masks & Oral Health go to - vashiva.com/masks

To purchase the full White Paper on Masks & Oral Health go to - <https://vashiva.com/product/white-paper-on-masks-and-oral-health/>

CALL TO OPEN HOUSE ON WHAT IS TO BE DONE?

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Join The Movement

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